



Town Center
ORTHOPAEDICS

Baris Yildirim, MD
HAND & WRIST SURGERY
UPPER EXTREMITY SURGERY
1860 Town Center Drive, Ste 300
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Post-operative Instructions: TFCC Repair

- Start finger and shoulder ROM immediately after surgery. Elevate and ice as much as possible. No lifting/pushing/pulling.
- 7-10 days: follow up with me for wound check. OT for custom Muenster splint. Wear splint at all times except hygiene. Continue finger, elbow, shoulder ROM until normal. Lift < 2 lbs. Scar desensitization.
- 4 weeks: Start scar desensitization. Start wrist active ROM for flexion/extension in neutral rotation.
- 6 weeks: Trim splint to wrist only. Begin forearm active pronation/supination ROM.
- 8 weeks: Wean out of splint and start passive ROM. Goal is to return to full ROM by 12 weeks. Lift < 5 lbs.
- 12 weeks: OK to return to activities using pain as a guide
- 4 months: Full duty manual labor or contact sports